



506 9th Street Ocean City, NJ 08226
 Phone 609•399•9955
 www.MaFranceCreperie.com

The Galette—Buckwheat Crêpes

Besides the well known white flour crêpe, we serve the galette—a buckwheat crêpe. Beyond Low Carb, buckwheat is good carbs! Despite its name, buckwheat flour is not wheat. It comes from the rubarb fruit family. High in fiber, complex carbohydrates, and nearly a complete protein, it's great for any diet. Our buckwheat is very light in texture and taste. Approximately 2 grams of carbs per crêpe, fillings and toppings not included.



Soups

French Onion Soup	5.50
Soup of the day	4.50

Salads

Ma France Salad: fresh tomatoes, cucumbers, onions & parsley all finely diced	4.00
Mixed Green Salad	3.50
Served with Feta or Blue Cheese	6.50
Served with Ham or Goat Cheese	7.50
Served with Chicken	10.50
Served with Shrimp	12.50
Cranberry Salad: Arugula, apple, Blue or Feta cheese, walnuts, cranberries	10.50

Choice of Salad Dressings:

Olive Oil and Fresh Lemon Juice
 French Vinaigrette
 (Olive Oil, Balsamic Vinegar & Dijon Mustard)

Pastry

Croissants	3.00
Pain au Chocolat: Chocolate croissant	3.50
Tartine: Baguette, Butter & Choice Of Jams (Strawberry, Raspberry, Wild berries, Apricot, Peach, Orange)	3.00

Quiche of the Day

Real French style, homemade from scratch with our own tarte dough, filled with fresh ingredients.

Quiche Loraine: Egg, Swiss, Ham, & Bacon	7.50
Quiche Broccoli: Egg, Swiss, Broccoli	7.50
Whole Quiche	25.00

One Egg: Sunny-side up or scrambled	4.50
Swiss or Feta or Blue Cheese	5.50
Ham	4.50
Egg & Swiss or Feta or Blue Cheese	6.50
Egg & Ham	6.50
Swiss & Ham	6.50
La Complète: Egg, Swiss & Ham	8.50
La Forestière: Egg, Swiss, Ham & Mushroom (Parisienne)	9.50
(Add sour cream on the side)	10.50
La Campagnarde: Sauteed Potatoes with Garlic, Swiss & Bacon	9.50
(Add sour cream on the side)	10.50
Walnut & Brie On Mixed Greens	8.50
(Add a Vegetable Filling Or Ham)	10.50
La Norvegiénne: Smoked Salmon with Sour Cream & Chopped Onions	10.50
Soft Shell Crab: Cooked in White Wine, with Fresh Chopped Tomatoes, Garlic & Herbes De Provence	11.50
Chicken Provençale: Marinated In Garlic, Olive Oil, Herbes De Provence & A Vegetable Filling	12.50

Seafood Galette: Shrimp With Garlic, Parsley, Ricard (French Anise-Based Aperitif) & A Vegetable Filling	13.50
Scallops A La Crème: In France's Crème Sauce & One Vegetable Filling	13.50
Fisherman's Galette: Salmon Filet With Herbes De Provence, Lemon Juice & One Vegetable Filling	13.50
Magret de Canard: Duck Cooked In Red Wine, Garlic, Herbes De Provence & One Vegetable Filling	15.50

Choices of Vegetable Fillings

Mediterranean: Chopped Tomatoes, Garlic, & Cilantro	5.50
Provençale: Tomatoes, Green Peppers & Onions	5.50
Parisienne: Sliced Mushrooms, Garlic, & Parsley	5.50
Cream of Spinach: Cream of Béchamelle	5.50

Check Out Our Daily Specials

All of the above can be prepared with white flour upon request.

Dessert Crêpes—The Sweet Ones

Butter & Sugar	3.50
Honey	4.00
Maple Syrup	4.00
Fresh lemon juice & sugar (Very Light)	3.75
Madame Caramel	4.00
Grandma's: Choice Of Jam: Strawberry, Raspberry, Wild berries, Apricot, Peach, Orange	4.50
Nutella: Hazelnut Milk Chocolate Spread	5.50
Nutella with Fresh Fruit & Whipped Cream	7.50
Bounty: Dark Chocolate With Shredded Coconut & Whipped Cream	6.50
Melba (Of Pears, Peaches or Apricots) Warm Dark Chocolate Sauce & Whipped Cream	7.50
Mount Blanc: Chestnut Puree & Whipped Cream	7.50
Mount Blanc Deluxe: Same + Ice Cream	9.50
The Crazy Monkey: Peanut Butter & Dark Chocolate	6.50
Fresh Fruits & Whipped Cream	6.50
Fresh Fruits, Ice Cream & Whipped Cream	8.50
Caramelized Banana & Whipped Cream	7.50
Flambée Grand Marnier & Brown Sugar	7.50
Flambée Rum & Brown Sugar	7.50
Tatin: Hot Cooked Fresh Apple & Whipped Cream	7.50
Tatin Deluxe: Hot Cooked Fresh Apple, Ice Cream & Whipped Cream	9.50
Tatin Flambée: Rum or Grand Marnier	9.50
La Totale: Nutella, Fresh Fruit, Ice Cream & Whipped Cream	9.50
La Pomme Figure: On a Buckwheat Crepe, a Hearty Mix of Apple, Brie Cheese & Fig Cake With Almonds Drizzled With Honey	8.50
Add one of our home made sauces: Caramel, Dark Chocolate	2.00

Le Café

French Press: Regular or Decaffeinated Served With Half & Half, Milk Or Soy	3.50
Espresso	2.00
Double Espresso	3.00
Café Au Lait - Latte: Espresso with Steamed Milk	3.25
Café Au Lait with Soy	3.75
Cappuccino: Espresso with Foam	3.25
Cafe Liegeois: Double espresso with Homemade Whipped Cream	3.75
Café Liegeois with Caramel: Our Homemade Caramel & Whipped Cream	4.00
Café Mocha: Double Espresso with Dark Chocolate	4.00
Mocha Liegeois with Whipped Cream	4.50
Chocolate: Hot or Cold	3.00
Chococcino with Whipped Cream	3.50
Milk	2.50
Iced Coffee	3.00
Iced Coffee with a Scoop of Ice Cream	4.00
Tea: A La Carte	2.75
Iced Tea	1.50
Traditional Moroccan Tea Service Served with Cookies - small 4.50 large 6.50	

Fresh Fruit Juices

Apple, Carrot, Orange - Or All Together!	4.00
Fresh Natural Lemonade	3.00
Lemonana: Our Lemonade Blended With Crushed Mint & Sugar	3.50

Bottled Beverages

Honest Tea: Organic Iced Tea Pomegranate Red w/ Goji Berries, Pearfect White, Community Green, Decaf Ceylon, Moroccan Mint Green, Mango Açai White, Black Forrest Berry, Sublime Mate w/ Lime	3.50
Wild Fruit: Natural juice beverage with a bubbly taste : Cranberry, Peach, Huckleberry/Blueberry, Lemon, Raspberry, Orange/Mango, Pomegranate/Black Currant Apricot	3.00
Fizzy Lizzy: Natural juice beverage with a bubbly taste: Raspberry lemon, Costa Rican, Grapefruit, Pineapple Red Hill pomegranate	3.00
Lorina Sparkling Lemonade: Sparkling Lemonade, Sparkling Sugar free, Pink Lemonade, French, Blueberry, French Berry...	
	Small bottle 3.00
	Family size bottle 6.00

Hours

Memorial Day through Labor Day

Monday - Saturday: all day
Sunday: 8 am to 3 pm



Fall, Winter, Spring

Monday - Friday: 11 am to 8 pm
Saturday: 9 am to 8 pm
Sunday 9 am to 3 pm